

MIGRAINE 101

TYPES, CAUSES AND TREATMENT

WHAT IS MIGRAINE?

A complex neurological condition where people experience severe headaches that can last anywhere from 4 to 72 hours. Its symptoms might include nausea, vomiting and sensitivity to light and sound.



MOST COMMON TYPES OF MIGRAINE



EPISODIC WITH/WITHOUT AURA

Experiences one or two headaches per week, with less than 15 per month



CHRONIC WITH/WITHOUT AURA

Experiences more than 15 headaches per month

WHAT'S AN AURA

When someone experiences a visual warning, like flashing lights or kaleidoscope in their vision, before the headache begins

KNOWN CAUSES

- + Genetics
- + Hormonal fluctuations
- + Medication overuse (particularly Ibuprofen or acetaminophen)
- + History of head trauma
- + Caffeine fluctuations
- + Inconsistent sleep patterns

COMMON TRIGGERS OF HEADACHES

- + Stress
- + Environmental triggers like bright lights, loud sounds, changes in weather conditions, etc.
- + Dietary triggers like processed meats, alcohol and more
- + Changes in sleeping habits

CURRENT TREATMENT OPTIONS



Over-the-counter pain relievers and medications to help stop a headache once it starts



Medications like beta- and CGRP-blockers can help prevent future headaches



Consistent sleep patterns, a regular routine and healthy hydration habits can lower the frequency of headaches

DID YOU KNOW?
39 MILLION AMERICANS LIVE WITH MIGRAINE!

1. American Migraine Foundation